Mingachevir State University

Report

3 GOOD HEALTH AND WELL-BEING

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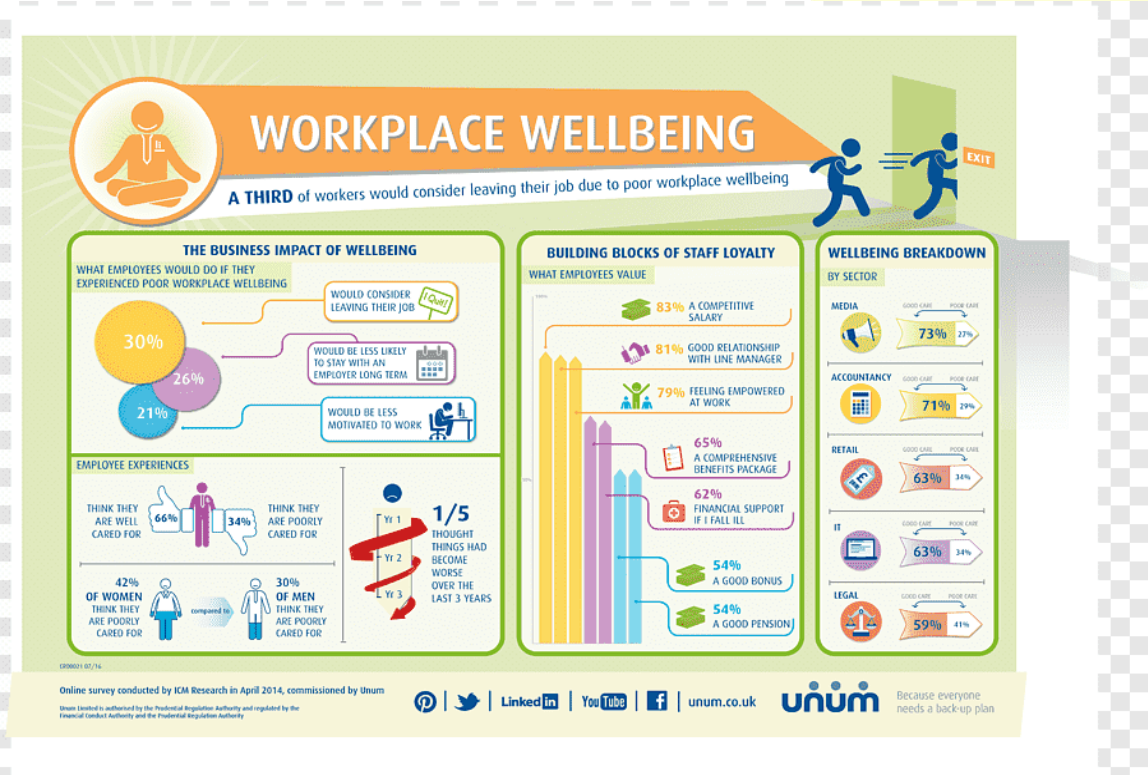
GENERAL OBJECTIVE

The third goal of the Sustainable Development Goals (SDGs), **"Good Health and Well-being,"** aims to ensure healthy lives and promote well-being for all people at all ages. According to the World Health Organization (WHO), health is not merely the absence of disease or infirmity but a state of complete physical, mental, and social well-being. From this perspective, SDG 3 encompasses not only the expansion of healthcare services but also the formation of a well-being culture and the enhancement of overall quality of life in society.



NATIONAL CONTEXT

In the Republic of Azerbaijan, large-scale reforms are being implemented to improve the healthcare system, increase the accessibility of medical services, and promote healthy lifestyles. The introduction of the **Mandatory Health Insurance System**, the expansion of the activities of **regional hospitals and family health centers**, as well as **state programs aimed at strengthening psychological well-being** are concrete steps aligned with the objectives of SDG3. Particular attention is given to the promotion of healthy nutrition, physical activity, and avoidance of harmful habits among young people, which are recognized as national priorities.

GLOBAL PERSPECTIVE AND CHALLENGES

The COVID-19 pandemic tested the resilience of global healthcare systems and underscored the strategic importance of public health and well-being management. On a global scale, health policies have shifted their focus not only to disease control but also to prevention, psychological resilience, and the promotion of healthy lifestyles. In this context, higher education institutions – especially regional universities – have assumed a crucial role in health education, awareness raising, and enhancing community well-being.

RELATION TO MDU'S ACTIVITIES

- The university organizes **sports events, health days, and awareness campaigns** to promote a healthy lifestyle;
- **Health screenings and access to medical and preventive services** are provided for students and staff;
- A **psychological counselling and support program** operates to maintain mental well-being;

At the university, several services operate in line with the

implementation of **SDG 3: Good Health and Well-being** and social welfare. As noted in the previous reporting period, the following activities in these areas continue to be carried out for students and academic staff:

- Green volunteer;
- One volunteer;
- Student Youth Organization;
- Colobaration üith Government and non- governmental organizations

- **Seminars and training sessions** on healthy nutrition and stress management are regularly conducted;
- **Research projects and social initiatives** are implemented to address public health and well-being issues;
- MDU **collaborates with regional health and social welfare institutions** to implement joint public health and awareness initiatives;
- The university's **sports complex offers more than five types of sports**, with over **5000+ students** benefiting from these facilities annually.
    1. https://www.facebook.com/reel/2813490915507914
    2. https://www.facebook.com/photo/?fbid=1255226313284706&set=pcb.1255225146618156

PSYCHOLOGICAL AND SOCIAL WELL-BEING ASPECTS

In modern society, psychological well-being is recognized as an integral part of overall health. At Mingachevir State University (MDU), special attention is given to managing academic stress, maintaining emotional balance, and supporting students' social adaptation. Through its **Psychological Support Centre**, students receive individual and group counselling, and educational programs on **stress management and emotional resilience** are implemented. The

university also organizes **social and motivational activities** to support the psychological well-being of staff members.

CONCLUSION

The educational, social, and research-oriented activities of MDU make a direct contribution to **SDG 3 – Good Health and Well-being**. Through initiatives aimed at promoting healthy lifestyles, supporting psychological well-being, and implementing social responsibility measures and partnerships, the university has achieved significant progress in improving the overall health level of students and staff. These efforts contribute to the formation of a culture of sustainable development and well-being both in the region and across the country.